

Examenprogramma **Blauwe (2^{de}) Gordel 4^{de} Kyu**

1. Kihon:

<u>Tsuki waza:</u>	Kette Juntsuki	(mawatte jodan uke)
	Kette Gyakutsuki	(mawatte gedan barai)
	Kette Juntsuki no-tsukomi	(mawatte jodan uke)
	Kette Gyakutsuki no-tsukomi	(mawatte gedan barai)
	Tobikomitsuki	(mawatte jodan uke)
	Nagashi Tsuki	(mawatte gedan barai)
<u>Geri waza:</u>	Surikomi maegeri	chudan
	Sokuto Fumikomi	gedan
	Surikomi mawashigeri	chudan
	Soktogeru	chudan
	Ushirogeri	gedan
<u>Uke waza:</u>	Uraken uke	
	Shuto uke	

2. Renraku waza:

1. Mae-geri chudan – nagashitsuki jodan – gyakutsuki chudan
2. Surikomi mae-geri chudan – nagashitsuki jodan – mawashi-geri chudan
3. Mae-geri chudan – sokuto – ushiro-geri gedan – gyakutsuki chudan

3. Kata:

Pinan godan

4. Kumite:

Ohyo kumite: ipponme + nihonme + sanbonme + yohonme

Kihon kumite: ipponme + nihonme

Jiyu ippon: Vrij vechten
2 x 1,5 min.

5. Theorie:

Zie overzicht theoretisch examen WIKF

Minimum slaagpercentage = 65%